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The Tray's The Thing

With apologies to William Shakespeare, there are times when the tray — not the play — is the thing.

It happens 7400 times a day at University of California Hospitals, when carefully prepared menus are transformed into meals that are transferred to trays served to 6000 employes and 1400 patients.

It takes exquisitely timed teamwork for 190 staffers in the dietary department — 17 of them dietitians — to produce daily thousands of freshly baked rolls, beef that's done well, medium and rare, eggs tuned to the minute and potatoes bought, baked or boiled in ton quantities.

And each tray must be prepared according to a physician's prescription and a patient's personal taste.

"It all starts," explains Henrietta Henderson, director of the dietary department, "with a doctor's order to our department. Next, a therapeutic dietitian visits the patient to check on his food likes and dislikes."

Next? The challenge of composing a menu to fill the prescription and please the patient.

"Complaints? We get complaints. Of all departments in the hospital, dietary department is bound to do something that affects everyone — staff and patients — at some time during the day," Miss Henderson says philosophically.

"If we get a complaint, we study it and try our best to solve it if we can. If patients do have criticism, we hope

(continued on page 4)

Tuning up their taste buds on the day's menu for patients at UC Hospitals are three interns in the dietary department: Joan Sullivan, left, Arlene Okimoto, Cheryl Houlette. Tasting sessions like these are part of training for the 15 interns who enroll every year for a 12 months' course at UC Medical Center in San Francisco.

The Library On Wheels

Claire Liska spends one day a week knee-deep in books. She wishes they were stacked as high as her chin.

Says the long-time volunteer in the patients' library in UC Hospitals: "Hard backs or paperbacks, mysteries or novels, non-fiction and science fiction . . . we need them all. Especially if they are less than 10 years old."

If Mrs. Liska's favorite wish came true, the patients' library cart would wend its way through wards and halls every day. With more books and more volunteers, it could happen.

Mrs. Liska is not a professional librarian. She's a registered nurse and the wife of psychiatrist Dr. Edward Liska. It is a long term attachment to books and reading which has rooted her to the same volunteer post in the library, from her days as a Doctors' Wives Association volunteer to her present similar status with UC Hospitals Auxiliary.

It is her job to keep books carded, to mark new books, discard ancient ones, keep shelves orderly and assure a balanced supply of reading material for the cart.

"Patients get such enjoyment out of this service. And it's free. I used to wheel the cart around myself, and I know how it is appreciated," says Mrs. Liska.

Keeping a well-stocked, up-to-date library for patients in UC Hospitals is a challenge for the UC Hospitals Auxiliary and volunteers like Claire Liska who tend books.

It's not only a chance for patients to "browse" through the collection but to chat with the volunteers who steer the cart.

"Most of our cart volunteers are interested in reading and are able to suggest titles that patients might enjoy," Mrs. Liska explained.

Most patients, it turns out, prefer fiction to non-fiction "and the newer the better." There are fewer requests for biographies, mysteries, science fiction.

In dismally short supply in the patients' library are books published in Spanish. "We have a few in German and French but not nearly enough for our many Spanish-speaking patients," the volunteer "librarian" points out.

The library cart is stocked before its rounds by the volunteer who does the steering. Titles range from education and travel to science, religion and languages as well as usual fiction and magazine selections.

Mrs. Liska's private tastes in reading are wide ranging. She reads fiction and non-fiction, tries to keep up with new titles.

The Liskas have two children, and their daughter will be old enough in 1968 to volunteer at UC Hospitals. "And she can hardly wait," says her mother. "But she doesn't seem to be interested in the library."

If Miss Liska does choose the book cart assignment, she will serve as what the Volunteer Department at the hospital calls "a roving ambassador" for literature.

She can expect to shift books on her cart if she thinks it's necessary. She can expect to check magazines to be sure they are not hopelessly outdated. She can expect to visit every room "where there is interest in books." And she can expect to wear out shoe leather through her appointed miles of rounds through two hospitals' corridors.

Here is what the Volunteer Department suggests to its "ambassadors" on the literary level:

"Be sure the patient understands that books are supplied without charge and that he may keep them as long as he is in the hospital. Tell him that books are donated for the cart. And if he seems interested in contributing to the library—encourage him

Donations of books may be arranged by calling the volunteer office, 666-1196.

Message from Israel: 'Hurry Back!'

When Dr. Shamay Cotev left Jerusalem last July to launch a two-year Sabbatical in the United States, he didn't count on two "Sabbaticals" within the same 24 months.

But that's what happened. The 35-year-old physician and reservist in the Israeli army took a brief — and intensive — leave from his research studies at the Cardiovascular Research Institute at UC Medical Center in San Francisco to treat his homeland's wounded during the here-today, won-tomorrow war in the Middle East.

Says the native-born Israeli matter-of-factly:

"I didn't even have to learn to duck. The war was almost over when I got there. The hospital was air-conditioned. I really can't say that I suffered."

Dr. Cotev felt he was fortunate in being able to play an active role in the explosive conflict.

"My specialty — anesthesiology — was needed," he explained. "I had friends in the Bay Area who wanted to go, too. But they were gynecologists or neurologists, and their skills just weren't needed."

It was an unexpected "homecoming" for the young physician when he found himself treating the injured at Hadassah Hospital in Jerusalem, in the part of the city where he and his family make their permanent home.

"I lived on the Israel side, of course. And I don't expect things will change much because of the war," he speculates.

During his Sabbatical in this country, Dr. Cotev and his wife, also a native-born Israeli and an occupational therapist, are living in Mill Valley and enjoying it. Their youngest daughter — now five months old — was born in San Francisco. Her sisters are 6 and 3½ years of age.

During his Middle East assignment, Dr. Cotev treated civilians who were wounded by Jordanian shells as well as Israeli and Jordanian soldiers wounded in battle.

He flew into Jerusalem just three days after fighting began. The wounded already jammed local hospitals.

"But there were very few civilian injuries," he observed. "The Jordanians shelled Jerusalem for two straight days, but they used small shells and anti-personnel shells. Few civilians were hit."

Dr. Shamay Cotev made a quick trip

Many Jordanians were among the wounded. "Some very nice guys," the anesthesiologist discovered. "We chatted and joked with them."

Israeli doctors set records in treating the wounded. According to Dr. Cotev, only one percent of people who arrived at hospitals alive failed to survive.

"I'm inclined to believe we had a better morbidity and mortality rate than in Vietnam," he added, and recalled that of 60 eye injury cases not one resulted in blindness.

There was no shortage of blood. There was a ready supply in the field, needing only cross-matching. Nine operating rooms were reserved in Hadassah Hospital, with two or three used to treat prisoner patients.

Dr. Cotev, like most of the rest of the world, had difficulty adjusting to the speed of events during the war crisis.

"After it was over, coffee houses opened up, and people had Friday night parties. It was the same everywhere, people telling stories about 'where I was when it started.'"

When Dr. Cotev completes his fellowship here, he will return to teaching and his practice at Hebrew University in Jerusalem. He attended medical school at University of Chicago and interned in Grand Rapids, Mich.

"It's wonderful here," he says with a hint of wistfulness. "But I'm kind of anxious to get home again."

A thank-you and 'Bye, bye, Lovice'

"Bye, bye, Lovice" was the message spelled out in cake icing.

It was a farewell thank-you — at a celebration tempered by tears — for Mrs. John Kievit, who received her hospital volunteer service 500-hour award pin when the cake was cut.

Mrs. Kievit, who pulled up stakes recently to return to New Jersey when her husband had a business transfer, had racked up a record of 877 hours of service in little more than a year of volunteering at UC Medical Center in San Francisco.

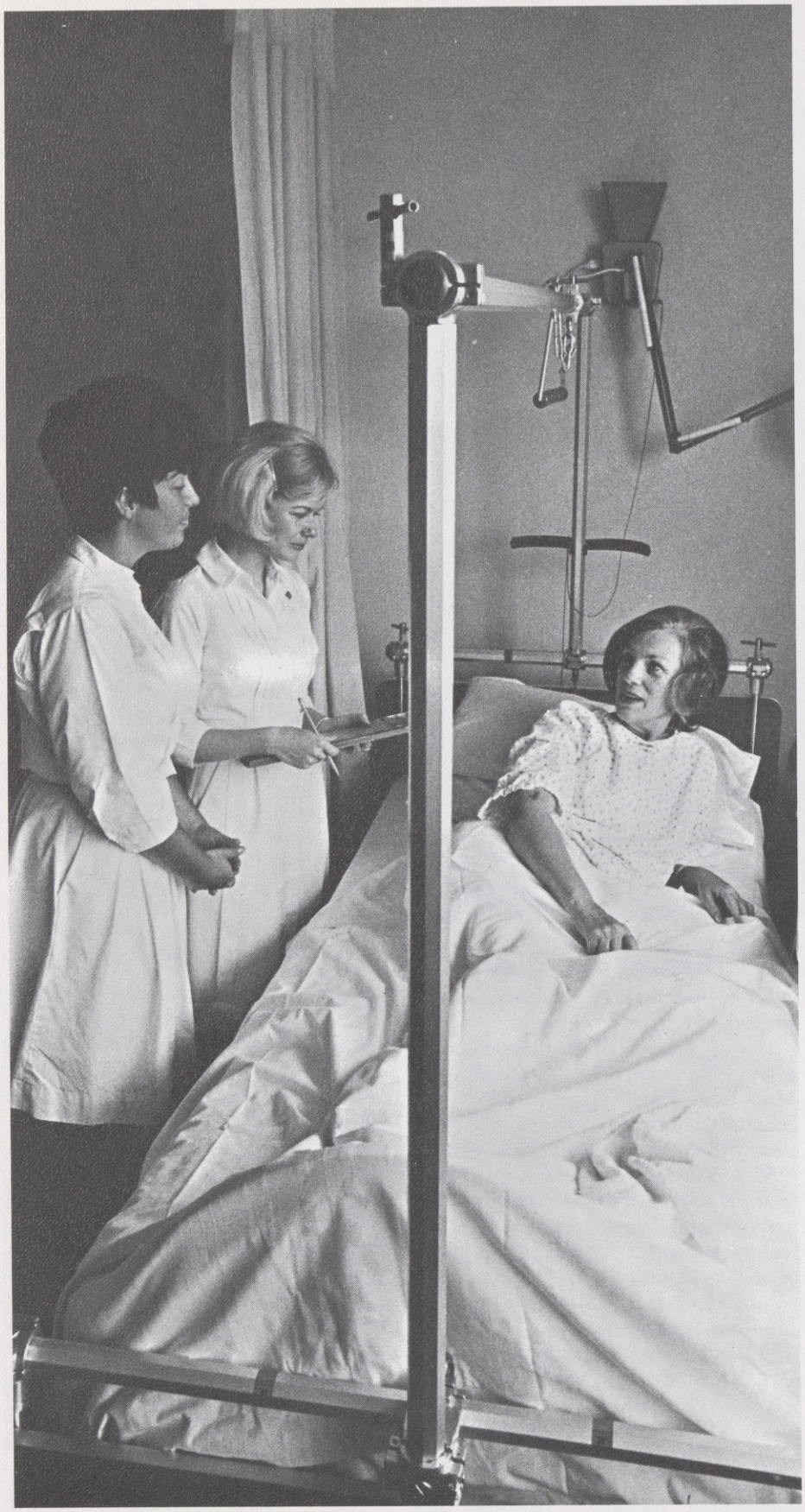
Following her sign-up July, 1966, Mrs. Kievit devoted three full days a week for 13 months to duties in the radiation therapy department headed by Dr. Franz Buschke.

Hosts at the party were grateful department members. Hospital administrator Harold Hixson presented the award pin.

A farewell "thank you" from Harold Hixson to volunteer Mrs. John Kievit.

'If You Do -- or Don't -- Like It, Speak Up!'

(continued from page 1)



With a supervising dietitian, intern Cheryl Houlette visits a patient to check on food likes and dislikes. Dietary department composes menus based on the prescription of the physician as well as the way a patient feels about food he can eat.

they will direct it to a dietitian. There is only one way to complain or to compliment: speak up!"

Comments from patients and employes are overwhelmingly complimentary, Miss Henderson reports.

The department goes to elaborate lengths to keep complaints to a minimum, and there is notable success. Dietitians and dietetic interns, for instance, conduct tasting sessions after the cooks and bakers assemble the day's sample trays.

After an okay from dietitians, tray assembly begins. It takes from 90 minutes to an hour and 45 minutes to complete the job. As trays roll off the line, they go on food carts to UC Hospital patients and on dumbwaiters for Moffitt Hospital.

The complex challenge of feeding thousands of hospital patients, staffers and visitors daily requires trained and skilled personnel. Miss Henderson has a warning:

"We should be training more dietetic interns every year to meet needs in areas where demands are great. Those demands are increasing. The supply of professionals is not."

At UC Medical Center in San Francisco, 15 interns are accepted every year. It is one of 64 such programs in the nation which graduate a total of 700 dietitians annually.

Internship is demanding, according to the director, who interned at Beth Israel Hospital in Boston and served as a dietitian in the Army before joining UC in 1948.

"College is theory. Here, they put it into practice," says Miss Henderson of interns who come to UC with a bachelor's degree in foods and nutrition or institution administration and leave with a Hospital Dietetics Certificate or a Master of Science degree, depending on their goals.

On a crowded schedule, interns attend class, supervise and train kitchen employes in quantity food production and service. They plan menus, purchase foods, calculate costs, consult about patients' diets, visit patients with a supervising dietitian.

This beehive department has headquarters on the second floor of Moffitt Hospital.

When it comes to learning about cooking in quantity, it's best to check with the chef in charge of the big pots. Interns Joan Sullivan and Arlene Okimoto peek in.

After a day putting theory into practice comes time for the books.

A day's meals add up to 7400

Pilot Program to Provide Psychotherapy for Elderly

It is not true that older people are incapable of benefitting from psychotherapy and other kinds of psychiatric help.

Dr. Elliot Feigenbaum, clinical instructor of psychiatry at UC Medical Center in San Francisco, is combatting this myth as director of a pilot project designed to provide the citizen 60 and older with a chance to receive psychiatric counsel and care.

The new clinic service has recently been added to the out-patient department of Langley Porter Neuro-psychiatric Clinic and is one of the first programs of its kind in the nation. It is supported by a grant from The Administration on Aging.

Only a small number of older people who need psychiatric care are getting it, Dr. Feigenbaum contends.

Figures support his concern. About 26 percent of individuals admitted to California mental hospitals are 65 and over. But less than 2 percent of patients treated in out-patient psychiatric clinics fall into this age group.

"We want to work closely with physicians in the community, social agencies and nursing homes," Dr. Feigenbaum says.

"It is our hope that they will become involved in recognition and referral of these people to our clinic and that they will work with us in planning programs."

Psychological and physical testing and indicated therapy are services provided at the new clinic. Transportation will be supplied to the clinic for those who require it. House visits will also be made.

What triggers an emotional crisis for a troubled elderly person?

Compulsory retirement, for one thing. It leaves people feeling they aren't doing their share and are not needed.

A lack of interest or skills also tends to keep people out of the main stream of society.

"We must prepare people at a young age, through education, to live comfortably with leisure hours," is one solution Dr. Feigenbaum suggests for the years to come.

At 80 years, it's space-age minded

In an oxygen-free chamber at the sprawling National Institutes of Health campus in Bethesda, Md., scientists don breathing masks to conduct specialized research in an oxygen-free environment born of the space age.

In a nearby laboratory, experts test lasers to determine possible application to medical research and treatment. Lasers may help destroy tumors or "weld" detached retinas in the eye.

In a mock operating room at National Institutes of Health, a horizontal flow of air passes through high efficiency filters. This prevents accumulation of bacteria by carrying them out of the room as fast as they are released. This promises someday to reduce post-operative infections.

This brand of space-age technology medicine is supported by part of NIH's $1 billion-plus budget this year.

The government's primary medical research agency is celebrating its 80th birthday in 1967 and is today responsible for 36 percent of the nation's total medical research expenditures.

In its four-score years dating from the pioneer days when Dr. Joseph Kinyoun worked in a one-room laboratory on Staten Island, the NIH has supported research that:

Proved pellagra was a dietary deficiency disease and produced a rapid diagnostic test for rheumatoid arthritis.

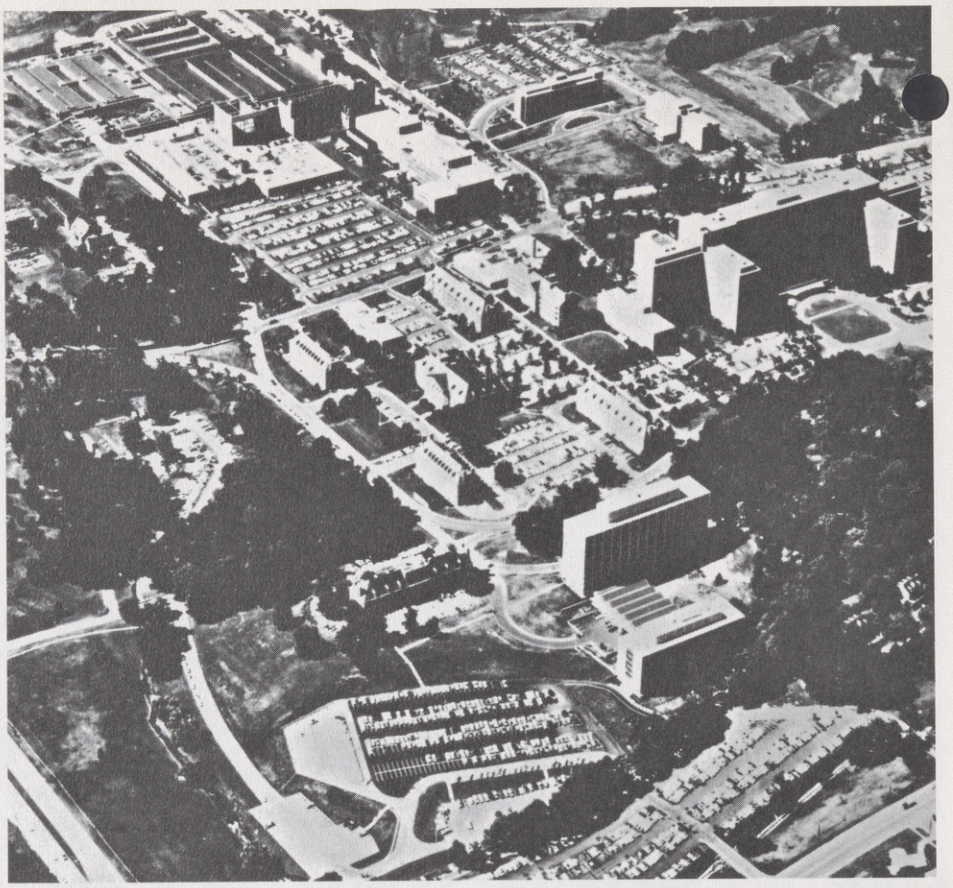
Came up with a promising experimental vaccine against rubella — German measles.

Helped develop an artificial kidney which can treat up to 10 patients at one time.

Such an artificial kidney system will be fully operative by December at the new Artificial Kidney Center at S.F. General Hospital.

The first of its kind in Northern California, the center is the product of a consolidated effort by the Federal Bureau of Rehabilitation, Calif. State Dept. of Public Health and UC School of Medicine. Directors are Drs. Frank Gotch and Malcolm Holliday.

Right now, at UC San Francisco Medical Center about 323 NIH research and training grants are currently active to the tune of $14.1 million in NIH funds. The grants include:



National Institutes of Health in Bethesda, Md., above, is the world's largest medi research center and at UC San Francisco Medical Center is supporting 323 gran

• A new building for UC School of Nursing, $1.8 million.

• Cardiovascular-respiratory physiology and biochemistry, $1.5 million, and cardiopulmonary physiology, $201,916, Julius Comroe, M.D., director, Cardiovascular Research Institute.

• General clinical research center, $734,878, Peter Forsham, M.D., director metabolic unit for research in arthritis and allied diseases.

• General clinical research center, $258,379, and general research support grant, $406,945, Stuart Cullen, M.D., dean of School of Medicine.

• International Center for Medical Research and Training, $499,965, J. Ralph Audy, director, Hooper Foundation.

• Studies on immunologic diseases of the eye, $360,000, Phillips Thygeson, M.D., director, Francis I. Proctor Foundation, for research in ophthalmology.

• Unit for pharmaceutical chemistry graduate program, $224,000, Chancellor Willard C. Fleming.

• Automated data processing for clinical chemistry, $205,611, George Brecher, M.D., professor and chairman, division of clinical pathology and laboratory medicine.

• Anesthesiology, $139,644, John W. Severinghaus, M.D., professor of anesthesia.

• Mental retardation, $110,051, Stanislaus Szurek, M.D., professor of psychiatry.

• Neural and humoral control of endocrine function, $128,974, William Ganong, professor of physiology.

• Pharmaceutical chemistry, $109,588, Warren D. Kumler, associate dean, School of Pharmacy.

• Research training-biological sciences, $109,290, Enoch Callaway III, M.D., professor of psychiatry in residence.

VOLUNTEERS RECEIVE AWARDS DURING RECOGNITION WEEK

A tiny blue-on-bronze pin shared the spotlight with teen-age and adult volunteers at UC Hospitals Recognition Day ceremonies this month.

Among volunteers who were honored during "Recognition Week" ended Oct. 14:

6000 hours: Mrs. Arnold Brown; **2000** hours, Mrs. Steve Rodland, Mrs. Arthur Williamson; **1000 hours,** Mrs. Rose Raineri, Mrs. John Farry, Mrs. Louis Caselli.

500 hours: Mrs. Anne Church, Mrs. Mae Gallant, Mrs. John Kievit, Mrs. Elizabeth Roman, Beverly Shields, Mrs. Ethel Taylor.

100 hours: Mrs. James Andrews, Jody Bourland, Mrs. Kenneth Brown, Mary Brusati, Lynn Burrows, Edith Catelli, Mrs. Robert Christman, Mrs. Jerry Cox, Mrs. Hazel Datwyler, Mrs. Cicely Easley, Mrs. Patrick Frost, Mrs. Larry Frugoli.

Mrs. Charles Gerstbacher, Mrs. Edmund Heiser, Mrs. Leonard Ialeggio, Lynn Marcus, Gloria May, Sharon Meyerkamp, Mrs. Max Murdock, Mrs. Martha McPherson, Mrs. Anna Osborn.

Mrs. Isabelle Peeples, Signe Peterson, Cidha Quezada, Mrs. Cliff Robinson, Henry Rocha, Mrs. Hildegarde Ryan, Mrs. John Schultz, Marilyn Schnal, Mrs. Herbert Stiebel, Mrs. Amos Suit, Mrs. William Seaton, Mrs. James Trowbridge, Mrs. George Varley, Ann Weaver, Mrs. Doris Wilson, Jane Yee, Elizabeth Duemling.

Student awards for **100 hours** went to: Linda Alioto, Caroline Artiga, Ellen Crawford, Michele Fazzio, Michael Fox, Noni Garner, Doug Grano, Linda Johnson, Edie Kahn, Judi Karp, Ellie Kingon, Nancy Lerond, Jan Marcus, Jean Meyer, Betty Nunley, Debi Patterson, Lynda Pooler, Lani Silver, Sandy Spiro, Sarah Spiro, Laura Soules, Stanley Toy, Robert Wang, Yvonne Wiscomb, Patty Parker.

50 hours: Theresa Alioto, Lisa Artiga, Judy Barsocchini, Kathy Becker, Claire Belcastello, Pat Buada, Beth Blumenthal, Elizabeth Chernozubov, Margaret Chernozubov, Barbara Cute, Glynis Evans, Maureen Gabriel, Marie Garcia, Mary Greene.

Lauri Jacobson, Maria Jarquin, Joyce Kermabon, Teresa Kilpatrick, Basil Knox, Marsha Kramar, Jean Lamey, Carla Lazzareschi, Jackie Lovelace, Anne Maloney, Mary Matli, Denise Mears, Susan Mendoza, Julie Nemes, Sue Ogden.

Marleen Pellegrini, Juanita Perchez, Kathy Ramirez, Nancy Silva, Della Vasquez, Ana Villafane, Ronald Wang.

Fire Threatens Pre-Schoolers

Fire and explosions account for about a fifth of all accidental deaths among pre-school children and are the second-ranking cause of fatalities at these age levels.

Tragedies often occur when tots are left alone at home without adequate supervision. Accidents occur more frequently with girls than with boys.

"Playing house" often finds small girls boiling water on the kitchen stove. It is scalds from steam and hot liquids that add substantially to the number of accidental deaths in the pre-school age group.

Contrary to common opinion, such accidents are not more prevalent in areas of substandard housing, overcrowded homes or lagging socio-economic levels.

According to the San Francisco Department of Public Health, accidents occur with almost equal frequency to children in all social and economic levels. According to a study of such accidents resulting from burns, there are five main causes:

- Ignition of clothing.
- Direct contact with flame, hot ashes or hot stoves.
- Gasoline or kerosene.
- Hot liquids, such as water or grease.
- Electrical appliances, wiring and other causes.

No parent is deliberately careless about hazards in the home, but investigators often discover safety lapses. Here are some tips:

Danger threatens when saucepans or kettles containing hot fluids are left where they can be upset.

Poorly protected open fires or an exposed heater placed at floor level are also hazardous.

Electrical appliances left on — and unattended — can lead to serious accidents.

Don't Get Lost In the Shuffle

We don't want to lose you. If you have changed your address, please help by clipping off the address that appears on your latest issue of UC Medical Center News.

Mail it — with your correct address marked on it — to Public Information Office, room 512, University Hospital.

And story ideas are still invited. Let us know what's going on in your department, your organization, your research laboratory.

Send the scoop to Eloise Dungan, editor, UC Medical Center News, care of the Public Information office at University Hospital.

NEW CHAIRMAN

Office of volunteers at UC Hospitals is announcing the appointment of Mrs. Edith Suit as chairman of gift shop volunteers.

Mrs. Suit, who has spent four afternoons a week in the shop, succeeds Mrs. Kay Audy.

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Proctor Foundation Focus: 'the sound eye'

One of the 323 research and training grants awarded to UC San Francisco Medical Center this year by National Institutes of Health says:

"For studies on immunologic diseases of the eye, $360,000, Phillips Thygeson, M.D., director, Francis I. Proctor Foundation and professor of ophthalmology."

Behind this terse announcement lie two decades of distinguished research by the Proctor Foundation, which celebrated its 20th anniversary last month and recently concluded a four-day symposium summarizing its work.

The foundation is housed at the corner of Kirkham and Fifth Avenue and was established by Mrs. Francis Proctor in memory of her late husband, a Boston eye specialist who retired in 1930 and moved with his wife to Santa Fe, N.M.

Here, the Proctors became intensely interested in the problems of eye disease among the Indians, and Dr. Proctor was appointed consultant on trachoma to the Office of Indian Affairs.

Trachoma was — and is — shockingly prevalent. It is an infectious viral disease of the eye that is the leading cause of blindness throughout the world.

The Insignia of the Francis I. Proctor Foundation for Research in Ophthalmology is the ancient Egyptian symbol known as the "Wedjat Eye" or "the sound eye of Horus."
The symbol is derived from the ancient myth in which the eye of Horus was torn into fragments by the wicked god Seth. Later the god Thoth miraculously restored the injured eye by joining together its parts, whereby the eye regained its title as the "sound eye."
As such the Wedjat Eye represents the myth of the restoration of the eye, its parts, its precision, and the skill and art needed for its restoration.
It is a symbol of great antiquity, familiar to the world's first ophthalmic specialists of Egyptian medicine.

With the establishment of the foundation at UC Medical Center in 1947, other San Franciscans came forward to contribute funds. The Bertholde Guggenhimes supplied the donation which purchased the first laboratory space. Harry W. Hind, alumnus of the School of Pharmacy at UC Medical Center in 1966 helped establish a library in the foundation building.

Although foundation workers focus on ophthalmological problems, there are no limits on investigation into any basic field.

In general, the research programs emphasize investigations in ocular microbiology, immunology, glaucoma, uveitis and degenerative diseases of the eye.

While the research is projected into a multitude of scientific tomorrows, the foundation's insignia is based on an Egyptian myth. The symbol is known as "Wedjat Eye" or "the sound eye of Horus."

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